

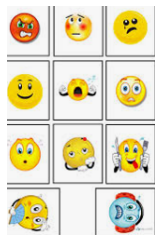








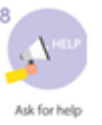

'10 a day' for Positive Mental Health 2

While we are working from home it is important that you continue to support your mental health. One way of doing this is to continue to use the '10 a day'.

Below are some activities to try at home this week. Each one is linked to one of our '10 a day'.

10 a day	Activity
 <p>Talk about your feelings</p>	<p>The following link gives information about how to deal with directly linked with the Coronavirus from Exeter Diocese. https://exeter.anglican.org/wp-content/uploads/2020/03/marty-School-Parent-Pack.pdf</p> <p>https://www.childline.org.uk/toolbox/</p> <p>Use these games to think and talk about how you are feeling.</p> <p>Make your own feeling barometer to show how you are feeling.</p>   <p>Can you make each one of these faces and name which feelings they are?</p> <p>Maybe you could have a go at this with your family?</p> <p>You could practise pulling funny faces afterwards!</p>  <p>DIOCESE OF EXETER THE CHURCH OF ENGLAND IN DEVON</p>
 <p>Do something you enjoy and are good at</p>	<p>Do something you are good at and share it with your family.</p> <p>Teach someone in your family to do something you are good at, e.g. drawing, playing an instrument, juggling, maths.</p> <p>Maybe you could get better at something you love while you're at home? This could be learning how to draw something you couldn't before like your favourite animal. Here's an example of how to draw a little dog https://www.youtube.com/watch?v=UdielkLGvAs</p>
 <p>Keep yourself hydrated</p>	<p>Challenge yourself to how much water you are going to drink in a day. Can you work out how much you have drunk at the end of the day in millilitres or litres?</p> <p>Try and aim for two litres.</p> <p>This week why don't you try making home-made ice lollies? Here are some ways to make them if you don't have lolly moulds.</p>

	<p>https://www.thekitchn.com/5-ways-to-make-popsicles-without-a-mold-220407</p> <p>You can use sugar free squash or fruit juice mixed with water, you could even add some fruit!</p> 
<p>4</p> 	<p>Choose healthy snacks.</p> <p>Help prepare lunch or dinner for the family. Maybe try some of the recipes from these websites. https://www.bbc.co.uk/cbeebies/shows/my-world-kitchen https://www.bbc.co.uk/cbbc/shows/matilda-and-the-ramsay-bunch https://www.bbcgoodfood.com/recipes/collection/kids-cooking</p>  <p>Challenge yourself to eat a rainbow. Think about the food you are eating, can you eat all the colours of the rainbow in one day?</p> <p>Exeter diocese has set up a Family Fun Cooking Club. recipes on the following link.</p>  <p>https://exeter.anglican.org/resources/faith-action/family-fun-cooking-club/</p>
<p>5</p> 	<p>Play in the garden.</p> <p>Turn a walk into an exciting new adventure. Your goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as you can. Anything that walks, crawls, swims, or flies is of interest, and you'll need to focus all of your senses to find them, especially the little ones.</p> <p>Wild workouts with Andy. https://www.bbc.co.uk/iplayer/episode/p06tmn51/andys-wild-workouts-series-1-1-under-the-sea</p> <p>Daily live PE lessons at 9.00am with Joe Wicks, The Body Coach https://www.youtube.com/watch?v=-8o8wMgAT-Y</p> <p>Learn to dance with Oti Mabuse https://www.youtube.com/user/mosetsanagape</p> <p>Complete quizzes for each other. Complete school tasks.</p>
	<p>If you would like some help relaxing try this mindfulness meditation website. https://www.cosmickids.com/mindfulness-meditation-videos-kids/</p>

	<p>Try sitting quietly for 5 minutes and close your eyes. What can you hear and smell? Can you feel your hands and feet resting, the weight of your body on the seat or floor? Can you feel your breath filling up your lungs?</p> <p>Here is a guided video to try. https://www.youtube.com/watch?v=nmFUDkj1Aq0</p> <p>Play some calm ocean music on YouTube. Alternatively listen to the YouTube video https://www.youtube.com/watch?v=6If7zcLsEV4 which will take you through a guided ocean breathing meditation. Lie still and relax your body. Match your in breath through your nose to the sound of the waves, out breathe through your nose with the wave retreating. In and out, in and out holding out and in as deeply as you can. Continue for a few minutes.</p>
<p>7</p>  <p>Stay connected to those you care about</p>	<p>Write a letter, email or draw a picture to a relative to send.</p> <p>Talk to relatives or friends on the phone or video call.</p> <p>Ask a relative to teach you something, read you a story or help with you school work over a video call.</p>
<p>8</p>  <p>Ask for help</p>	<p>If you are stuck on your home learning or with you feelings ask someone for help. If you can't put it into words write it down or draw pictures.</p> <ol style="list-style-type: none"> 1. Remember, it's okay to ask for help. Don't be embarrassed, and don't worry about other people judging you. 2. Decide what the problem is and what help you need. 3. Think about who you can ask for help. Choose someone you trust and who will know how to help you. 4. Think about what you'll say when you ask for help. Do it.
<p>9</p>  <p>Be proud of your very being</p>	<p>This can be done, either at the end of the day, or as you go. Every time something positive happens write it down on a post it and fold it up putting it in the jar. It can be a big thing like 'I played a board game with mummy' or a little thing like 'the sun shone'. When your child is feeling blue encourage them to have a look back through the jar to give them a boost.</p> <p>Keep diary of all the positive things you do each day.</p> <p>Show a family member something you have done that you are proud of.</p>

10



Help in the house by doing the washing up, setting the table, tidying your room.

'Notice' if someone is feeling down and ask if you can help.

Make and send a card to a neighbour to say that you hope they are okay.

When you do kind things, you feel good about yourself. You get to see that what you do means a lot.